

Dudley Senior Center Nov. 2016

Medicare Open Enrollment Deadline is Here! SHINE Can Help Seniors Make Sense of it All! Don't ignore your Medicare Mail; it may contain *changes in your plan* for 2017. During the Medicare Open Enrollment, October 15 to December 7, you will have a chance to change your plan for next year. If you need to make an appointment with a SHINE Counselor, call Tri Valley Inc. at 1-508-949-6640, or call 1-800 AGE-Info (1-800-243-4636), then press or say 3, please leave your contact information and they will get back to you.

Nov. 4, 10:30-11:30am BP Clinic and Ask the Nurse with Joanne Grindle from Overlook VNA.

Nov. 7 & 8, Closed for voting preparation, & Election. Don't forget to VOTE on Tuesday, Nov 8th! Your vote DOES count! Voting is your voice, and your choice!

Nov. 11, Closed in Observance of Veteran's Day. Thank You Veteran's for your service to our country!

Nov 14, @ Noon, Fire and Safety Presentation, with Dudley Fire Chief Kochinowski, also Ice Cream Social hosted by Webster Manor/Lanessa.

Nov 17, 4pm-6pm, Common Ground Memory Café at the Dudley Senior Center, featuring a lively and fun "Drum Circle" with Tim Kane, who will be bringing his percussion instruments for us to use! FREE to caregivers/family/friends, and their loved ones, and individuals who are suffering with memory issues due to Alzheimer's, Dementia, Parkinson's, or other brain difficulties. Come and enjoy a fun date together, complete with a light meal and refreshments. We offer music programs with **live music, art programs, games, ping pong, gentle sports, etc. The monthly Memory Café is meant to be a great time out together, sharing laughter, and non-judgmental, fun times! Please RSVP to Margaret for the Memory Café, Call 508-949-8010 X3, or for more information. Please leave your name and number and we'll get back to you. *Please note, "Walk-In" friends are welcome too! The Common Ground Memory Café is scheduled to take place every Third Thursday 4pm to 6pm. Our next one is December 15, 4-6pm, with Bruce Joy and Dan Belanger on Banjo and Guitar!**

Nov 24 and 25, Closed for Thanksgiving. Best wishes for a happy holiday, to celebrate with Family and Friends! We give thanks for our loved ones, and count the many blessings in our lives!

Nov 28, after lunch, Happy Birthday Cake hosted by Brookside Rehab.!

Save the Date:

Dec. 12, 12:30 to 1:30pm, Enjoy The Holidays and Your Health! Join Healthy Living Coordinator Dawn Berthelette from Tri Valley Inc. for an hour of tips and tricks designed to help you balance healthy and tasty this holiday season! Please RSVP to Margaret for this valuable, informative program 508-949-8010 X3.

Dec 16 @ Noon, Annual Senior Christmas Party, with Music by, "Mik's Magic Moments," and a special catered holiday dinner menu for all to enjoy! Tickets will be \$10.00 and available sometime in November. Call Margaret, COA, Senior Center, for more info. or to get tickets.

Ongoing Schedule:

Chair Yoga with Joanne Laliberte, HHP, continues on **Mondays and Fridays, 10:30am-11:30am. Also on Fridays @ 9am-9:30am in the senior center, "Aging Backwards"**. Come and join us for the "latest and greatest " program, of being mindful of your own body posture, and achieving better health by utilizing proper body mechanics, and range of motion. Why not look and feel great at the same time?

MONDAY: Chair Yoga @ 10:30-11:30am. **Lunch is served at 11:30am.** Please call senior center 48 hours in advance to reserve your meal. A \$3.00 donation is suggested.

TUESDAY: @ 1pm, 13 Card Pitch, and Dudley Senior Women Needleworker's .

WEDNESDAY: @1pm Dudley Senior Women Needleworker's, and Scrabble Players, (whenever you guys are ready)!

THURSDAY: @1pm Cribbage Players.

FRIDAY: Aging Backwards @ 9AM-9:30AM, Chair Yoga @ 10:30-11:30 am. TRI Valley Lunch is at 11:30am, followed by BINGO, (a friendly, small group, slower paced BINGO).

Seniors did you know that you are welcome to attend any of our events or activities regardless of where you live? If you see something on our schedule you'd like to try, come and join us! We like making new friends!

Don't forget, Panera Bread Donation is here on Friday mornings at 10:15 am, until it's gone! Thank you Panera!